

# GUAM BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

*“Utilizing Guam’s Data for a Healthier Life”*



## What is BRFSS?

- Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system that is used to gather information about a wide range of behaviors that affect people’s health. It is a random digit dial telephone survey conducted by the health departments of all 50 states, the District of Columbia, Guam, Puerto Rico, the U.S. Virgin Islands, and Palau. The Guam BRFSS Program is a cooperative agreement between U.S. Centers for Disease Control and Prevention (CDC) and the Department of Public Health and Social Services.

## How is BRFSS survey conducted?

- The Guam BRFSS Program has a with SMS Research and Marketing Services, Inc. from Honolulu, Hawaii to conduct the interviews and collect the data over a period of 12 months. BRFSS interviewers call both landlines and cell phones and ask respondents questions using a standardized questionnaire to determine the distribution of risk behaviors and health practices among adults. CDC provides states and territories support to ensure the success of the BRFSS and to ensure that the data are of high quality.

## Who takes part in the BRFSS survey?

- Guam adults aged 18 years or older are eligible to participate in the survey. Households with a telephone (landline or cell phone) are randomly selected. Only one adult is interviewed per household. Non-eligible households are those individuals living in correctional, mental, or other institutions; living in group quarters such as dormitories, barracks, convents, or boarding houses; or living at a second home during a stay of less than 30 days.

## Why is BRFSS important?

- BRFSS is important to provide data that are useful for public health research and practice and for state and local health policy decisions. State and local health departments rely on BRFSS data to determine high-priority health issues, detect emerging health issues, identify populations at highest risk for illness, disability, and death, examine trends in behaviors over time to monitor the effectiveness of public health programs and progress in meeting prevention goals, support community policies and programs that promote health and prevent disease, and support additional funding.

## What information does BRFSS collect?

- BRFSS collects information that are linked with the leading causes of death --- heart disease, cancer, stroke, diabetes, and injury --- and other important health issues. Examples of these behaviors and conditions include not consuming enough fruits and vegetables, being overweight, not using seat belts, using tobacco and alcohol, and not getting preventive medical care, such as flu shots, pap smears, mammograms, and colorectal and prostate cancer screening tests.

## Who uses BRFSS data?

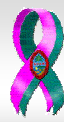
- Researchers, college students, professional groups, managed care organizations, and community health program planners use BRFSS data to develop targeted prevention activities and programs. Public health professionals, state and local health departments, and epidemiologists use the data to monitor the progress of states and territories toward meeting the health objectives.

## For more information, visit:

- [www.cdc.gov/brfss](http://www.cdc.gov/brfss)
- [www.dphss.guam.gov](http://www.dphss.guam.gov)
- [www.livehealthy.guam.gov](http://www.livehealthy.guam.gov)
- Or contact: 735-7289 (Telephone) / 735-7500 (Fax)

# Did You Know?

*In 2010, the smoking rate among Guam adults is one of the highest within the nation. Over one in four adults (26%) smoke in Guam.*



## BUREAU OF COMMUNITY HEALTH SERVICES DIVISION OF PUBLIC HEALTH DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES

**Bureau's Mission:** "To improve the health and quality of life in our community by eliminating health disparities; increasing access to health care; early disease detection; disease prevention and control; and promoting healthy lifestyles through policy development, implementation, surveillance and intervention; and providing social services in collaboration with community partners and stakeholders."